



Sports Terminologies

**Parcham Classes**

## Athletics

- Track and Field
- Relay
- Sprint
- Hurdles
- Steeplechase
- Lap
- High Jump
- Long Jump
- Triple Jump
- Pole vault or Pole jumping
- Hammer Throw
- Discus Throw
- Javelin throw
- Shot Put



## Gymnastics

- Push-up
- Bridge
- Parallel bar
- Horizontal bar
- Uneven bar
- Floor exercise
- Sit up
- Handstand
- Headstand



## Skiing

- |                        |                   |                 |
|------------------------|-------------------|-----------------|
| ● All-Mountain Ski     | ● Grooming        | ● Quarterpipe   |
| ● Alpine Skiing        | ● Halfpipe        | ● Racing Ski    |
| ● Black Diamond        | ● Huck            | ● Rail          |
| ● Bomber               | ● Jib             | ● Schussing     |
| ● Bunny Slope          | ● Mashed Potatoes | ● Shell         |
| ● Carving              | ● Milk Run        | ● Ski Patrol    |
| ● Cross-country Skiing | ● Moguls          | ● Skier's Left  |
| ● Dump                 | ● Never-ever      | ● Skier's Right |
| ● First Tracks         | ● No-fall Zone    | ● Skijoring     |
| ● Freestyle            | ● Off-piste       | ● Tracked Out   |
| ● French Fries         | ● Pizza           | ● White Out     |
| ● Glade                | ● Pole Grip       | ● Yard Sale     |
| ● Goggles              | ● Powder          |                 |



Skiing

<u>Terminology</u>	<u>Meaning</u>
Black diamond	steepest in the ski area, rides more narrow than other surrounding slopes
Dump	huge snowfall
French Fries	Pizza and french fries refer to the way you position your skis
Mashed Potatoes	Mushy spring snow often found at busy trail crossings or near the base area at the end of a warm day
Milk run	The first run of the day.
Yard sale	when a skier crashes and loses everything such as their outerwear, skies, poles, goggles, beanies, and gloves.
Moguls	a skiing event in which skiers descend a slope which is covered in mounds of snow, making two jumps during the descent.

Football

- Kick
- Goal
- Head
- Move
- Stopper
- Defender
- Penalty
- Free-Kick
- Bicycle kick or Overhead kick or Scissors kick
- Off side



Goal-post



Bicycle kick

• Goal (score)	• Trap	• Goal Kick
• Shot	• Tackle	• Goal (net)
• Pass	• Cross	• Goalie
• Assist	• Punt	• Defender
• Header	• Throw In	• Midfielder
• Save	• Free Kick	• Forward
• Volley	• Corner Kick	

# Football

Terminology	Meaning
Dribble	Dribbling is maneuvering a ball by one player while moving in a given direction, avoiding defenders' attempts to intercept the ball.
Hand-Ball	The act of touching the ball with your hand or arm.
Volley	an air-borne strike
Trap	to bring the football under control from a pass or when the ball is running loose.
Hatrick	Term used when a player scores 3 goals in a single football match.
Throw-In	A throw-in is a method of restarting play when the ball has exited the side of the field of play.
Cross	a medium- to-long-range pass from a wide area of the field towards the centre of the field near the opponent's goal.
Punt	certain kind of kick, like when a rugby player drops the ball and kicks it before it hits the ground.

## Shooting

- Rapid fire Pistol
- Standard rifle
- Free pistol
- Air rifle
- Shooting range

- Caliber
- "Ears on"
- "Bull/Bullseye"
- Count Back
- "Are you ready"?
- Accidental discharge (AD)
- "Lock and Load"

Terminology	Meaning
Bull's eye	The bull's-eye is the small circular area at the centre of a target.
caliber	caliber of a gun refers to the diameter of the inside of the gun's barrel, also known as the bore.



## Polo

### Terms Related to Polo

- Bump
- Bunder
- Divot
- Hook

### Terms Related to Polo Horse or Pony

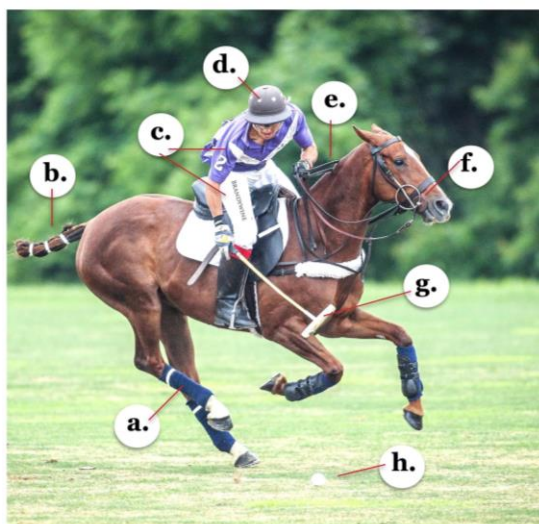
- Bits
- Martingale
- Girth
- Reins



Malle



Terminology	Meaning
Chukker (Chukkas) or Period	Polo matches are divided into six periods of play called chukkers (the English call them chukkas), each lasting seven minutes.
Mallet	A mallet used to strike the ball in polo.
Bump	to ride off another to spoil his shot or to remove him from the play.



- a. Bandages**  
Protective wrapping that shield ponies' legs against contact with ball.
- b. Braided Tail**  
Prevents interference with mallet.
- c. Whites / Game Jersey**  
Polo jeans are always white and branded with team name or club name. Game Jersey displays team name and player's number 1-4 on all sides for identification and player field position.
- d. Helmet**  
Polo helmet is vital for protecting player from swinging mallets, and balls traveling at speeds nearly 100mph.
- e. Reins**  
Traditionally polo ponies are ridden in double reins to enhance control of the pony.
- f. Gag Bit**  
Traditionally polo ponies are ridden in a gag bit, which instead of a bit's effect of pulling straight back, the pull from a gag bit translates to the side pieces of bridle and over the poll.
- g. Polo Mallet**  
The mallet head is made from wood and the shaft is made from Bamboo so it can bend no break when swung. Some players like a whippier feeling mallet. They come in variety of lengths depending on horse.
- h. Polo Ball**  
Once made of willow wood, polo balls for grass play are now solid white plastic, 3.5" in diameter and weigh 4ozs.

## Boxing

- Knock out
- Jab
- Punch
- Upper-cut
- Foot work
- Hook
- Ring Stoppage
- Bob & Weave
- Saved by the bell
- Southpaw

- Stance
- Footwork
- Punching
- Jab
- Cross
- Hook
- Uppercut
- Mental Toughness



**Boxing gloves**



**Boxing ring**

<u>Terminology</u>	<u>Meaning</u>
Kidney punch	powerful punching technique that targets one of the two kidneys & is illegal
Jab	Straight punch from forwardmost hand
Hooks	Punches thrown from the sides
Bob & Weave	Defensive techniques



Hockey

- Hattrick
- Goal
- Penalty stroke or Penalty flick
- Push-in
- Scoop
- Dribble
- Astroturf
- Centre forward
- Half back
- Sudden death
- Striking circle
- 16-yard hit



Hockey  
cones



Hockey  
cleats



Hockey  
stick

Hockey ball

<u>Terminology</u>	<u>Meaning</u>
Bully	Restart the game after stoppage.
Short corner or Penalty corner	A penalty given against the defending team.
Under cutting	one type of foul in which a player hits the ball on the underside so that it pops into the air.
Striker	The player who shoots the ball is called striker.
Tackle	It is a defense action to take the ball from the opponent.
Sudden death	when it's overtime and the first goal scored will end the game.

Tennis

- Grandslam
- Advantage
- Game Point
- Break point
- Shot
- Drop shot
- Ace
- Love



Net



Tennis ball



Tennis racket

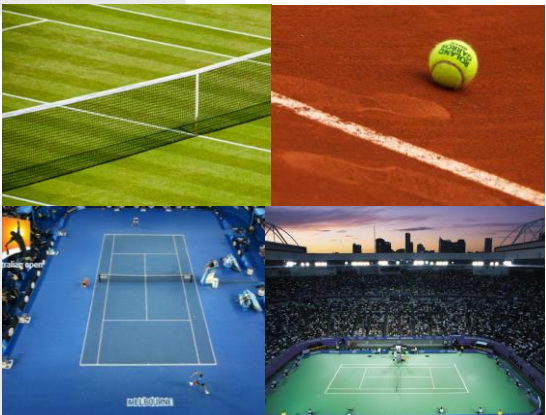
Tennis



Terminology	Meaning
Serve (formally Service)	A shot to start a point.
Deuce	When both players have forty points. One player has to win two points one after the other to win the game.
Smash	A smash in tennis is a shot that is hit above the hitter's head with a serve-like motion.
Fault	If you miss a serve, it is called a fault.
Let	If a serve hits the net but lands inside the service box, it is called a let, and the server replays that serve.
Groundstrokes	These are the shots that you hit from the baseline. There are two kinds of groundstrokes -- the forehand and backhand.
Volley	The volley is the shot that is hit closer to the net, typically out of the air (before it bounces on the ground).

Types of tennis courts

- 1. Grass court (Wimbledon)
- 2. Clay court (French Open)
- 3. Hard court (Australian Open & US Open)
- 4. Carpet court



Areas of the tennis court

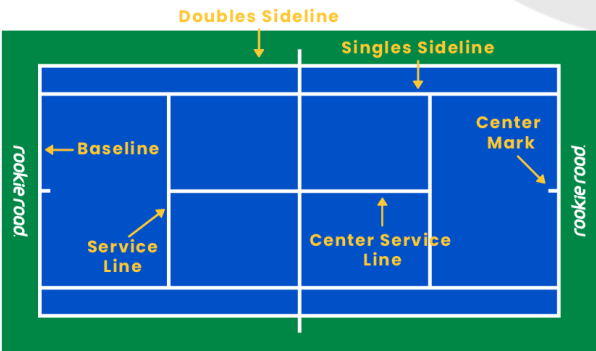
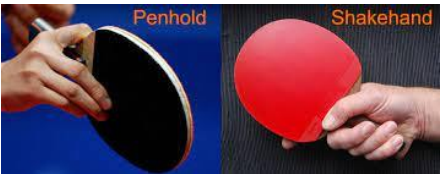


Table Tennis Tables

What Are The Tennis Court Lines?

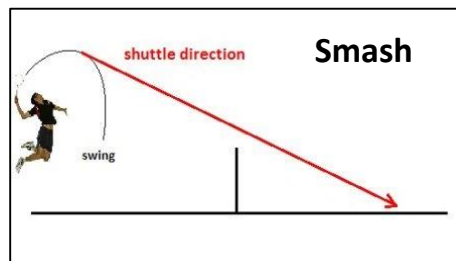
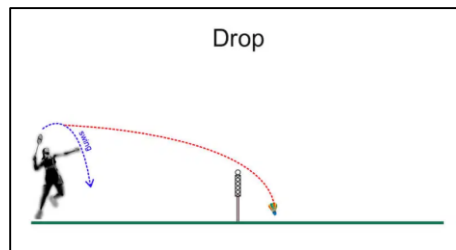
- Serve
- Topspin
- Backspin
- Sidespin
- Drive spin
- Forehand
- Backhand
- Chop
- Penhold grip
- Shakehand grip
- Dead ball



Terminology	Meaning
Volley	Hitting the ball before it bounces on the table.
Half volley	A half volley in tennis is a shot that is hit immediately after the ball bounces but before it reaches the apex of its bounce.

## Badminton

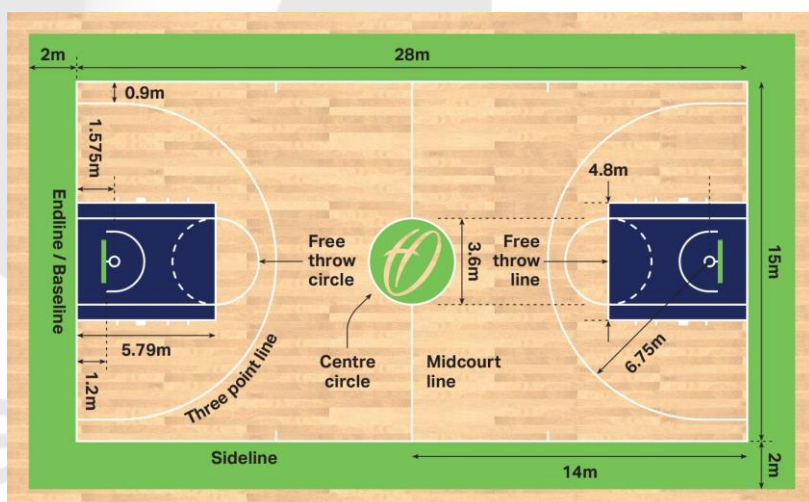
- Shuttlecock
- Service court
- Net
- Double fault
- Fore-hand
- Back Hand
- Hit
- Drop



Terminology	Meaning
Smash	The smash shot is hit with power and speed downward into the opponent's court
Love	It means one player is in zero point. The word Love comes from French word l'ouef, which means egg which is the shape of zero.
Deuce	If the score reaches 20-20, the game will be "deuce". This means that either one side must lead by 2 points to win the game.

## Basketball

- Common foul
- Under head
- Technical foul
- Over head
- Court
- Frontcourt
- Held-Ball
- Rebound
- Steal



Terminology	Meaning
Free throw	Unopposed attempts to score points by shooting from behind the free throw line.
Dunk or Slam dunk	This is a method of scoring in basketball when a player puts the ball directly in the basket using one or both of their hands.
Layup	A layup in basketball is a shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket.
Pivot	A Pivot is when a player maintains one foot having contact with the ground without changing its position on the floor and utilizes the other foot to rotate their body to improve position while in possession of the basketball.
Dribbling	In basketball, dribbling is bouncing the ball on the floor continuously with one hand at a time.
Cherry picking	Cherry picking, in basketball and certain other sports, refers to play where one player (the cherry picker) does not play defense with the rest of the team but remains near the opponents' goal.



## Weight Lifting

- **Snatch** : Lift the weight over head in one single motion.
- **Clean and Jerk** : Lift the weight in two stages :
  - **The Clean** : to get the lift at shoulder level
  - **The Jerk** : to lift the weight over head.
- **Barbell** : A piece of exercise equipment used in weight training, bodybuilding, weightlifting and powerlifting, consisting of a long bar, usually with weights attached at each end.



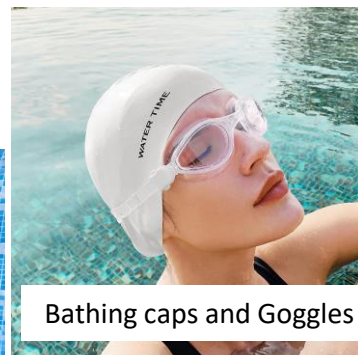
## Swimming

### Swimming Equipment

- Swimsuit
- Bathing caps
- Goggles
- Fin
- Kickboards
- Pull Buoys or Leg Float
- Hand paddles



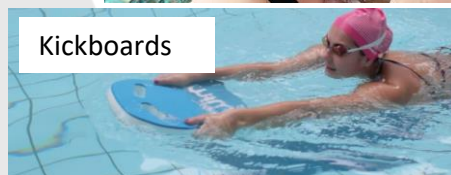
Fin



Bathing caps and Goggles



Kickboards



Pull buoys



Hand paddles

## Wrestling

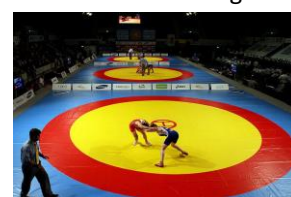
- |                     |                       |                          |                       |
|---------------------|-----------------------|--------------------------|-----------------------|
| • All-American      | • Cradle              | • Green                  | • Russian             |
| • Angle             | • Cut him / cut her   | • Heel                   | • Shoot               |
| • Arm throw         | • Dirty finish        | • Hit                    | • Single-leg takedown |
| • Babyface          | • Double-leg takedown | • Iowa style             | • Singlet             |
| • Backdoor          | • Escape              | • Kayfabe                | • Slam                |
| • Blind             | • Exposure            | • Leg shot               | • Slick               |
| • Blowoff           | • Finisher            | • Level change           | • Spot                |
| • Bottom position   | • Five                | • Made weight            | • Stalling            |
| • Break an opponent | • Folkstyle           | • Neutral position       | • Takedown            |
| • Breakdown         | • Freestyle           | • Over/under             | • Throw               |
| • Bridge            | • Funk                | • Professional wrestling | • Tie-up              |
| • Bump              | • Gassed              | • Pin                    | • Top position        |
| • Buried / burial   | • Gimmick             | • Reversal               | • Tweener             |
| • Cauliflower ear   | • Good on their feet  | • Riding time            | • Whizzer             |
| • Clean finish      | • Got caught          | • Roll around            | • Work                |
| • Control           | • Greco-Roman         |                          |                       |



Cross-Face





Chicken-Wing






Wrestling Mat

Heave, Chicken-Wing, Cross-Face, Elbow-Drop, Attack

## Wrestling

Terminology	Meaning	
<b>Half-Nelson</b>	A ground hold used by a wrestler who places one arm through their opponent's corresponding armpit and then around his neck.	
<b>Full-Nelson</b>	A ground hold used from a position behind the opponent by putting both arms under their armpits and fastening the hands or wrists on the back of his neck.	

Terminology	Meaning	
<b>Bridge</b>	A movement by a wrestler to support himself/herself on his/her head, elbows and feet. This prevents his/her shoulders and back from touching the mat.	
<b>Cradle</b>	A ground hold used by a wrestler when applying a cross-face hold with one arm, while bringing the other arm through the opponent's crotch/behind the knee.	
<b>Headlock</b>	It is a hold in wrestling in which a wrestler grips his opponent's head between his elbow and the side of his body.	

## Chess

- Chess board



- E.L.O. Rating
- Grand Master
- International Master
- FIDE Master
- Candidate Master
- Gambit
- Move
- Resign
- Checkmate
- Stalemate



<ul style="list-style-type: none"> <li>• Action Chess</li> <li>• Amateur</li> <li>• Attack</li> <li>• Back Rank</li> <li>• Back Rank-Mate</li> <li>• Battery</li> <li>• Blitz</li> <li>• Book</li> <li>• Blunder</li> <li>• Bughouse</li> <li>• Bye</li> <li>• Capture</li> <li>• Castle</li> </ul>	<ul style="list-style-type: none"> <li>• Check</li> <li>• Checkmate</li> <li>• Chessboard</li> <li>• CTD</li> <li>• Desperado</li> <li>• Defence</li> <li>• Discovery</li> <li>• Double Attack</li> <li>• Doubled Pawns</li> <li>• Doubled Rooks</li> <li>• Draw</li> <li>• End Passant</li> <li>• End Prise</li> </ul>	<ul style="list-style-type: none"> <li>• Endgame</li> <li>• Expert</li> <li>• Exchange</li> <li>• Fianchetto</li> <li>• FIDE</li> <li>• FIDE Master</li> <li>• Fifty-Move Rule</li> <li>• File</li> <li>• Flag</li> <li>• Fool's Mate</li> <li>• Fork</li> <li>• Forfeit</li> <li>• Illegal Move</li> </ul>	<ul style="list-style-type: none"> <li>• International Master</li> <li>• Isolated Pawns</li> <li>• Gambit</li> <li>• Grandmaster</li> <li>• Material</li> <li>• Major Piece</li> <li>• Match</li> <li>• Minor Piece</li> <li>• Middlegame</li> <li>• Notation</li> <li>• Open File</li> <li>• Opening</li> <li>• Pin</li> </ul>	<ul style="list-style-type: none"> <li>• Ply</li> <li>• Promote</li> <li>• Rank</li> <li>• Rating</li> <li>• Resign</li> <li>• Sacrifice</li> <li>• Section</li> <li>• Skittles</li> <li>• Stalemate</li> <li>• Sudden Death</li> <li>• Touch Move</li> <li>• Unrated</li> <li>• USCF</li> <li>• Woodpusher</li> <li>• Zugzwang</li> </ul>
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Chess

Terminology	Meaning
Checkmate	A checkmate (also known as "mate") occurs when a king is placed in check and has no legal moves to escape. Checkmating the opponent wins the game
Stalemate	It happens when the player who has to move is not in check but has no legal moves available. The game then ends immediately in a tie, and each player is awarded half a point.
Grand Master	The highest title awarded in chess.
International Master	The international master (IM) title is the second most difficult title to attain.
Zugzwang	One player is put at a disadvantage because of their obligation to make a move

Golf

- Hole
  - Bogey
  - Putt
  - Stymie
  - Caddie
  - Tee
  - Links
  - Birdie
  - Amen Corner
  - Attack Angle
  - Condor
  - Chip
- Albatross
  - Attend the flag
  - Ostrich
  - Banana
  - Baseball grip
  - Divot
  - Dog license
  - Dogleg hole
  - Putting green
- Nib-Lick
  - Iron
  - Bunker
  - Hazard
  - Wedge bounce
  - Bump and Run
  - Eagle
  - Fairway
  - Four-Ball
- Grain
  - Half shot
  - In the leather
  - Mulligan
  - Gilligan
  - Wiff



Cricket

- Bat
  - Ball
  - Stumps or Wickets
  - Cricket Bails
  - Helmet
  - Arm guard
  - Chest guard
  - Elbow guards
  - Jockstrap
- Gloves
  - Dead ball
  - Follow-on
  - Spin-bowling
  - Not out
  - Googly
  - Overthrow
  - Cover drive
  - Follow Through
- Hook
  - Pull
  - Sweep
  - Glance
  - Chinaman



Chinaman - a ball that spins from off to leg, bowled by a left-handed bowler to a right-handed batsman.

## Cricket

<b><u>Terminology</u></b>	<b><u>Meaning</u></b>
<b>Caught</b>	Caught is a method of dismissing a batsman in cricket. A batsman is out caught if the batsman hits the ball, from a legitimate delivery, with the bat, and the ball is caught by the bowler or a fielder before it hits the ground.
<b>Bowled</b>	It is the act of propelling the ball towards the wicket defended by a batsman.
<b>Bowled out</b>	It is a method of dismissing a batsman, by hitting the wicket with a ball delivered by the bowler.
<b>Stumped or Stump out</b>	Stumped is a method of dismissing a batsman in cricket, which involves the wicket-keeper putting down the wicket while the batsman is out of his ground
<b>Run out</b>	A run out usually occurs when the batsmen are attempting to run between the wickets, and the fielding team succeed in getting the ball to one wicket before a batsman has crossed the crease line near the wicket.
<b>Hit Wicket</b>	When batsman hits the wicket by himself while playing the ball he is considered dismissed and this method is termed as Hit Wicket.

<b><u>Terminology</u></b>	<b><u>Meaning</u></b>
<b>L. B. W.</b>	Leg before wicket (lbw) is one of the ways in which a batsman can be dismissed in the sport of cricket.
<b>Timed out</b>	It occurs when an incoming batsman is not ready to play within three minutes of the previous batsman being out.
<b>Extras</b>	No ball, Wide ball, Byes and Leg byes.
<b>Over</b>	In cricket, an over consists of six legal deliveries bowled.
<b>Maiden over</b>	A maiden over is an over in which no runs are scored.
<b>Boundary line</b>	In cricket, the boundary is the perimeter of a playing field.

<b><u>Terminology</u></b>	<b><u>Meaning</u></b>
<b>Throwing or Chucking</b>	It is an illegal bowling action.
<b>Cricket pavilion</b>	It is the main building within which the players usually change in dressing rooms and which is the main location for watching the cricket match for members and others.
<b>Sixer</b>	A shot in which the ball passes over the boundary without touching the ground, for which the batting team is awarded 6 runs.
<b>Four runs</b>	Four runs are scored if the ball bounces, or rolls along the ground, before touching or going over the edge of the field.

<b><u>Terminology</u></b>	<b><u>Meaning</u></b>
<b>Toss</b>	The toss is the flipping of a coin to determine which captain will have the right to choose whether their team will bat or field at the start of the match.
<b>Run</b>	In cricket, a run is the unit of scoring.
<b>Wicket</b>	Wicket in the game of Cricket is when a Batsman gets dismissed. For the batting team, this phenomenon may also be known as “Losing a Wicket”.
<b>Pitch</b>	The cricket pitch consists of the central strip (a rectangular area) of the cricket field between the wickets. It is 22 yd (20.12 m) long (1 chain) and 10 ft (3.05 m) wide.
<b>Crease</b>	The positions of a bowling crease, a popping crease and two return creases shall be marked by white lines.